

I CLAIM:

1. A method of stimulating prostacyclin formation in cells, which method comprises contacting said cells with at least one conjugated linoleic acid under conditions wherein the conjugated linoleic acid becomes esterified inside the cells to form a lipid containing said at least one conjugated linoleic acid.

2. The method of Claim 1, wherein said at least one conjugated linoleic acid is selected from the group consisting of 10,12-octadecadienoic acid and 9,11-octadecadienoic acid and mixtures thereof.

3. The method of Claim 1, wherein the cells are endothelial cells.

4. A method of stimulating prostacyclin formation in cells, which method comprises contacting said cells with an effective amount of an ester containing at least one conjugated linoleic acid.

5. The method of Claim 4, wherein said at least one conjugated linoleic acid is selected from the group consisting of 10,12-octadecadienoic acid and 9,11-octadecadienoic acid and mixtures thereof.

6. A method of stimulating prostacyclin formation in cells, which method comprises contacting said cells with an effective amount of a lipid containing at least one conjugated linoleic acid.

7. The method of Claim 6, wherein said at least one conjugated linoleic acid is selected from the group consisting of 10,12-octadecadienoic acid and 9,11-octadecadienoic acid and mixtures thereof.
8. The method of Claim 6 wherein the lipid is a phospholipid.
9. The method of Claim 6 wherein the lipid is selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, phosphatidylserine, cardiolipin and sphingomyelin.
10. The method of Claim 6 wherein the conjugated linoleic acid is 9Z, 11Z conjugated linoleic acid.
11. A method of stimulating prostacyclin formation in a subject, which method comprises administering to said subject an effective amount of a ester containing at least one conjugated linoleic acid.
12. The method of Claim 11, wherein said at least one conjugated linoleic acid is selected from the group consisting of 10,12-octadecadienoic acid and 9,11-octadecadienoic acid and mixtures thereof.
13. The method of Claim 11 wherein the ester is a lipid.

14. The method of Claim 13 wherein the lipid is a phospholipid.
15. The method of Claim 13 wherein the lipid is selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, phosphatidylserine, cardiolipin and sphingomyelin.
16. The method of Claim 11 wherein the conjugated linoleic acid is 9Z, 11Z conjugated linoleic acid.
17. A food composition comprising a food and an additive added to the food, wherein the additive comprises at least one ester containing at least one conjugated linoleic acid, the ester being present in an amount sufficient to assist in stimulating prostacyclin formation in a subject consuming the food composition.
18. The method of Claim 17, wherein said at least one conjugated linoleic acid is selected from the group consisting of 10,12-octadecadienoic acid and 9,11-octadecadienoic acid and mixtures thereof.
19. The method of Claim 17 wherein the ester is a lipid.
20. The method of Claim 19 wherein the lipid is a phospholipid.

21. The method of Claim 19 wherein the lipid is selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, phosphatidylserine, cardiolipin and sphingomyelin.

22. The method of Claim 17 wherein the conjugated linoleic acid is 9Z, 11Z conjugated linoleic acid.

23. A pharmaceutical composition in tablet or capsule form for use in stimulating prostacyclin formation which comprises, as the active component, an effective amount of at least one ester containing at least one conjugated linoleic acid, together with a pharmaceutically acceptable carrier.

24. The method of Claim 23, wherein said at least one conjugated linoleic acid is selected from the group consisting of 10,12-octadecadienoic acid and 9,11-octadecadienoic acid and mixtures thereof.

25. The method of Claim 23 wherein the ester is a lipid.

26. The method of Claim 25 wherein the lipid is a phospholipid.

27. The method of Claim 23 wherein the conjugated linoleic acid is 9Z, 11Z conjugated linoleic acid.

28. The method of Claim 25 wherein the lipid is selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, phosphatidylserine, cardiolipin and sphingomyelin.

29. A method of stimulating thromboxane formation in cells, which method comprises contacting said cells with 9Z,11Z octadecadienoic acid under conditions wherein the 9Z,11Z octadecadienoic acid becomes esterified inside the cells to form a lipid containing 9Z,11Z octadecadienoic acid.

30. The method of Claim 29 wherein the cells are platelets.

31. A method of stimulating thromboxane formation in cells, which method comprises contacting said cells with an effective amount of an ester of 9Z,11Z octadecadienoic acid.

32. The method of Claim 31 wherein the ester is a lipid is selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, phosphatidylserine, cardiolipin and sphingomyelin.

33. A method of stimulating thromboxane formation in a subject, which method comprises administering to said subject an effective amount of an ester of 9Z,11Z octadecadienoic acid.

34. The method of Claim 33 wherein the ester is a lipid is selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, phosphatidylserine, cardiolipin and sphingomyelin.

35. A food composition comprising a food and an additive, the additive comprising an ester of 9Z,11Z octadecadienoic acid, the ester being present in an amount sufficient to assist in stimulating thromboxane formation in a subject consuming the food composition.

36. A pharmaceutical composition in tablet or capsule form for use in stimulating thromboxane formation which comprises, as the active component, an effective amount of an ester of 9Z,11Z octadecadienoic acid, together with a pharmaceutically acceptable carrier.

37. A method of stimulating a release of arachidonic acid in cells, which method comprises contacting said cells with 9Z,11Z octadecadienoic acid under conditions wherein the 9Z,11Z octadecadienoic acid becomes esterified inside the cells to form a lipid containing 9Z,11Z octadecadienoic acid.

38. The method of Claim 37 wherein the cells are platelets or endothelial cells.

39. A method of stimulating a release of arachidonic acid in cells, which method comprises contacting said cells with an effective amount of an ester of 9Z,11Z octadecadienoic acid.

40. The method of Claim 39 wherein the ester is a lipid is selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, phosphatidylserine, cardiolipin and sphingomyelin.

41. A method of stimulating a release of arachidonic acid in a subject, which method comprises administering to said subject an effective amount of an ester of 9Z,11Z octadecadienoic acid.

42. The method of Claim 41 wherein the ester is a lipid is selected from the group consisting of phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, phosphatidylserine, cardiolipin and sphingomyelin.

43. A food composition comprising a food and an additive, the additive added thereto, the additive comprising an ester of 9Z,11Z octadecadienoic acid, the ester being present in an amount sufficient to assist in stimulating a release of arachidonic acid in a subject consuming the food composition.

44. A pharmaceutical composition in tablet or capsule form for use in stimulating a release of arachidonic acid which comprises, as the active component,

an effective amount of an ester of 9Z,11Z octadecadienoic acid, together with a pharmaceutically acceptable carrier.